

Cooking Healthy; The Easy Way



**Would you like to add more plants to your diet
BUT don't know where to begin?**

Join Anne Sainz as she shares tips and tricks she has discovered since following a whole-food plant-based eating style for 11 years. Learn streamlined techniques to make whole-food plant-based meals that take advantage of prepared and frozen ingredients to make the meals easy to prepare and delicious!

At the Hunterdon County Senior Center
Friday April 28th at 11:30 AM – 1:00 PM

Register by April 21st
Space is limited to 25 registrants.
Call 908-788-1359

Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.
Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services